



# May 2022 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Cheese Ravioli</b> Collard greens Lentils Garlic herb breadstick Apple & milk	<b>3</b> <b>Chicken Chow Mein</b>  W/ carrots, cabbage, scallions Green beans & carrots Mixed rice Orange & milk	<b>4</b> <b>Goulash</b> Beef & pork Parsley potatoes Peas Whole wheat bread Banana & milk	<b>5</b> <b>Pork Chile Verde</b> Mexican rice Cumin roasted carrots Orange & milk	<b>6</b> <b>Chicken Florentine</b> Herb roasted potatoes Lentils Italian vegetables Granola bar Applesauce & milk
<b>9</b> <b>Chicken Romesco</b> Spaghetti Tomato, red pepper sauce Broccoli Canned peaches & milk	<b>10</b> <b>Pepper Steak</b> Peppers and onions Parsley potatoes Peas Whole wheat bread Canned pineapple & milk	<b>11</b> <b>Roast Pork Loin with Mustard Dill Sauce</b> Sweet potatoes Green beans Whole wheat bread Apple & milk	<b>12</b> <b>Thai Curry Chicken</b> Mixed rice Broccoli, carrots, red peppers Banana & milk	<b>13</b> <b>Sloppy Joe</b> Whole wheat burger roll Turmeric roasted carrots & cauliflower Chickpeas w/ tomatoes Orange & milk
<b>16</b> <b>Meat &amp; Cheese Lasagna</b> Manhattan blend Lentils Garlic Parmesan breadstick Applesauce & milk	<b>17</b> <b>Chicken Divan</b> Broccoli & Mornay sauce Mixed veggies Mixed rice Canned peaches & milk	<b>18</b> <b>Meatloaf</b> Beef & pork Mashed potatoes & gravy Peas & carrots Whole wheat bread Orange & milk	<b>19</b> <b>Tilapia Provencal</b> Tomatoes, red peppers, olives Parsley potatoes Spinach Granola bar Apple & milk	<b>20</b> <b>Chicken a l'Orange</b> Mixed rice Green beans Orange & milk
<b>23</b> <b>Creole Chicken</b> Mixed rice Braised cabbage Broccoli Canned peaches & milk	<b>24</b> <b>Cubano Pork Melt</b> Collard Greens Herb roasted potatoes Black beans Garlic herb breadstick Apple & milk	<b>25</b> <b>Salisbury Steak</b> Mushrooms & onions Mashed potatoes, peas & gravy Whole wheat bread Banana & milk	<b>26</b> <b>Moroccan Chicken</b> Apricots, zucchini & peppers Spinach Mixed rice Orange & milk	<b>27</b> <b>Hamburger</b> Onions & peppers Whole wheat burger roll Sweet potatoes Corn Watermelon & milk
<b>30</b> <b>MEMORIAL DAY</b> 	<b>31</b> <b>Penne alla Vodka</b> Chicken Mixed grain penne w/ vodka tomato cream sauce Spinach Peas Pineapple & milk			 Denotes meal with more than 1000 mg sodium

## SENIOR NUTRITION INFORMATION

### Reservations/Cancellations

To make a reservation call the Lunch Reservation Line at  
**760-943-2258.**

Reservations are required and may be made up until  
9:00 a.m. the day before you would like to have lunch.  
Monday reservations are due no later than 9 a.m. the Friday prior.

Check-in for lunch between 10:30 a.m. and 11:30 a.m.  
Lunch is served at 11:40 a.m.

Suggested contribution for Seniors 60+ is \$4 per meal, anonymous.  
Guest and non-senior, under 60, meal fee is \$6.50.

### Van Transportation

Van transportation to and from the lunch program is available for  
qualified participants who have an approved application on file.

Must be an Encinitas resident age 60+ with no other means of  
transportation.

### How Are We Doing?

Compliments, suggestions, and grievances about this program are  
welcomed via phone or mail. Let us know how we can best serve you.

**No eligible person shall be denied a meal because of inability to contribute.**

The Encinitas Senior Café is supported by the City of Encinitas, meal donations, and  
the Older Americans Act grant funds which are awarded through San Diego County  
Aging & Independence Services.